

What you can do at home

- 1. Protect your children from tobacco smoke at all times.
- 2. If you smoke, quit! You will feel better and so will your children. To help you, free Quit Kits are available by calling 1-800-537-5666.
- 3. Until you quit, do not smoke around your children. Smoke out-of-doors and away from your children.
- 4. Until you quit, do not smoke where children can see you. If children see you smoke, they may come to believe that smoking is a healthy behavior.
- 5. Quitting can be difficult, but don't quit quitting!

What you can do about child care

- 1. Choose child care carefully.
- 2. Find out if smoking is allowed where your child is in care.
- 3. If smoking is allowed, make sure that smoking occurs only out-of-doors when children are not in care.

Remember: Children exposed to tobacco

smoke can become ill.

Therefore: Protecting children from tobacco smoke is good medicine. Your

child's health depends on it.

FOR MORE INFORMATION, CONTACT:

- · Your family doctor or your child's doctor.
- Michigan Department of Community Health Health Promotions & Publications Tobacco Section 3423 N. Martin L. King, Jr. Blvd.
 P.O. Box 30195 Lansing, Michigan 48909 (517) 335-8376
- Michigan 4C Association Community Coordinated Child Care 2875 Northwind Drive, Suite 200 East Lansing, Michigan 48823 1-800-950-4171

FREE QUIT KITS ARE AVAILABLE. TO GET ONE, CONTACT:

Michigan Department of Community Health Clearinghouse 1-800-537-5666



John Engler, Governor James K. Haveman, Jr., Director

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Smoking
Around
Children



DID YOU KNOW THAT CHILDREN EXPOSED TO TOBACCO SMOKE SUFFER?

Tobacco smoke contributes to 150,000 to 300,000 respiratory infections in babies every year. These infections are the cause of 7,500 to 15,000 hospital stays annually.

- It causes a higher rate of throat infections.
- It causes up to 26,000 new cases of childhood asthma every year.
- It may cause a permanent decrease in lung function.
- It causes up to 80 percent more wheezing, coughing, and production of sputum than normal.
- It leads to more repeated ear infections.

IF SMOKING
IS ALLOWED IN
YOUR HOME OR
WHERE YOUR CHILD
IS IN CARE,
READ THIS.

Secondhand Tobacco Smoke

It is well known that smoking is dangerous to health. It causes death from cancer, heart disease, and lung disease. Secondhand smoke is harmful to everyone. Secondhand smoke has two phases. It is a combination of exhaled smoke from a smoker and smoke from the burning end of a cigarette. The first phase of secondhand smoke is a blue-gray cloud made up of many harmful chemicals such as arsenic, cyanide, and tar.

You can't see the second phase of secondhand smoke. It does, however, hang in the air long after the first phase goes away. That phase also contains chemicals that are harmful to everyone — especially children.

If you smoke

If you smoke in your home or car, your child is breathing in your smoke. Studies show that nicotine from secondhand smoke can be found in your child's urine.

Your child's lungs undergo important growth during the first two years of life. If an infant regularly breathes secondhand smoke, it may hurt lung growth and may cause a permanent decrease in lung function.





Smoking by the mother is also associated with Sudden Infant Death Syndrome (SIDS), the main cause of death in babies between one month and one year of age.

Smoking, child care, and the law

In choosing child care, there is much to consider. One concern is whether your child will be exposed to tobacco smoke. Parents should know that smoking is not permitted in licensed centers or registered family and group day care homes.

The Michigan Clean Indoor Air Act protects children who attend licensed child care centers from exposure to tobacco smoke. This law prohibits smoking on the grounds of child care centers, inside the centers, and in all related buildings.

Children in family or group day care homes are given some protection by a law that prohibits smoking when children are present. (Providers must also notify parents if they smoke in their homes when children are not present.)

However, your child may be cared for in an unregulated home. It is up to you to find out if people smoke at the home where your child is in care. A healthy environment for your child is your responsibility. It is also your right.